**Spring retreat in Otaki**

[](http://www.thebrightpath.co.nz/wp-content/uploads/2016/04/When-youre-happy-everyday-is-a-good-hair-day-000079251987_Large.jpg)

Sick of winter and ready for some internal spring cleaning?

We are planning a wonderful mini retreat at the end of September near the beautiful Otaki river, in between Wellington and Palmerston North.

Learn ascension meditation as taught by the Ishayas of the Bright Path over the weekend September 29-October 1 at the Riverslea retreat – [see registration here](http://www.thebrightpath.co.nz/event-registration/?ee=193).

We promise you will have a fun and relaxing weekend with great people and delicious food together with the priceless opportunity to learn these techniques which you can use with eyes open and closed. These techniques are very powerful and effective at burning off stress and anxiety, allowing us to become much more present, calm, peaceful, focused and joyful. Don’t miss this opportunity.

We will have the whole retreat to ourselves. Nestled amongst native bush and trees, within a few minutes’ walk to the Otaki River, this is a very private and relaxing location.

The sunny homestead lodge includes six sleeping rooms with bunk-style beds. All the cooking is done for us on site, prepared with local seasonal produce fresh from the garden.  See more here: [www.riverslearetreat.co.nz](http://www.riverslearetreat.co.nz/)

Wellington Ishayas Savitri and Prasada will lead the retreat and will be joined by Auckland Ishaya Mahima, who will also take a daily yoga class. Massages are also available.

The mini retreat will start on Friday September 29 from 4pm and finish on the Sunday October 1 at 3pm. The cost of $499, includes all meals, accommodation, yoga and the entire first sphere course (normally $395 on its own).

You will need to make your own way to and from the retreat, although we may be able to help with some carpooling arrangements, so let us know if you need that.

Any queries please email Savitri on [savitri.ishaya@gmail.com](mailto:savitri.ishaya@gmail.com) or phone 021 493 783.

[**Sign up now!**](http://www.thebrightpath.co.nz/event-registration/?ee=193)